

MIND IN MOTION

Dance/Movement Therapy Center for Trauma Healing



HANNAH WELLING



TABLE OF CONTENTS

Abstract

People

Place

Potential

ABSTRACT

The purpose of this research project aims to envision a **partnership with Sanctuary Night**, a non profit in Franklinton, to support those who visit Sanctuary Night. To heal and transform their lives from a life of victimization and sex trafficking. The women of Franklinton need to feel supported. Prioritizing health and empowering women is proven to create a more balanced socioeconomic community. My research methods include **Dance/Movement Therapy** as psychosomatic healing, **case study analysis**, and **Franklinton, Ohio**. Dance has deep roots in community building and can help express what we cannot put into words. Across the globe, dance and therapy are being paired together to connect the mind and the body for a more holistic recovery. This research enables me to propose an adaptive reuse for Sanctuary Night to **advance their social service programming** they have begun with their drop-in center.

The intent of this research is to integrate the principles of Dance Movement therapy with the theory of healing spaces to **propose a preliminary set of guidelines for the professional practice of interior design**. This research is a study on how an interior design environment can **nurture the needs of victims of sex trafficking and those who serve them** in a psycho-somatic therapy center. I aim to demonstrate these aesthetic, functional, and symbolic guidelines. This speculative project aims to foster an environment that will support and connect this **vulnerable yet resilient population** to the Franklinton community. While statistics gathered about Franklinton paint a grim picture, there are also glimmers of hope in the community. **Ohio is ranked fifth among all states in total reported human trafficking** and 1,032 Ohio citizens are victims of human sex trafficking every year. However, there are several non-profits in Franklinton working together to both help and support people caught in the cycle of sex trafficking.

PEOPLE

Sullivant Avenue & Sanctuary Night

Trauma

Dance/Movement Therapy

SULLIVANT AVE & SANCTUARY NIGHT

Sullivant Avenue is a major corridor through Franklinton and Hilltop. Of the 1,880 prostitution arrests in the city between 2017 and July of this year, **more than half were on Sullivant or just steps away.**

The new Sanctuary Night drop-in center is a **full-time facility to serve prostitutes and victims of human trafficking in Columbus.** Sanctuary Night is a sacred space created for the women still caught in cycles of prostitution in our westside neighborhood of Columbus, Ohio— Franklinton. Sanctuary Night is a space where the women feel safe reporting crimes that have been committed against them. The center that Sanctuary Night is planning to renovate as the drop-in center is a former home on Sullivant Avenue, the major corridor that was the subject of a three-part Dispatch series about prostitution, The founder of Sanctuary Night says **“these women need refuge, a place that is communicating to them that [they] are so worthy, and if you want out of that life [we will] help you.”**

There are three drop-in centers operating on Sullivant now (including the existing Sanctuary Night, which has operated out of Lower Lights Ministries for two years), but **each is open only a few hours a week.** Elsewhere in Franklinton, the Salvation Army recently opened a drop-in center on Mound Street with more hours, operating all day Wednesdays and Fridays. **There is little empirical research on the effectiveness of drop-in centers for human trafficking victims.** The existing centers in Columbus provide mostly respite: a kind face, a hot meal, a quiet place to rest, a change of clothes, and the ability to pick up a supply of condoms and Narcan.



The hope is that the center will also be a space where the women, many of whom don’t trust law enforcement, feel safe reporting crimes that have been committed against them.



TRAUMA

The friends of Sanctuary Night who would inhabit this center have likely experienced numerous traumas or traumatic events. Trauma is defined as **“a bodily or mental injury caused by an external object.”** These friends also likely suffer from Post Traumatic Stress Disorder (PTSD) which shows itself in symptoms such as emotional numbing, irritability, extreme emotional responses, hypervigilance, irregular sleep hygiene and difficulty with concentration and cognition. Trauma can cause brain circuits to reroute, the thalamus to shut down, the prefrontal cortex to be compromised by an overactive limbic brain and the amygdala to be hyper-vigilance, causing nervous systems secrete a continual flow of stress hormones into the bloodstream. It can also result in impaired emotion regulation, processing ability, capability to relate to others, memory retrieval and instinct interpretation.

Evidence-based practice standards are not yet well defined for assisting potential victims of human trafficking. However, Trafficking Victims Protection Act (TVPA) of 2000, has been reauthorized three times to increase society’s power to address victims’ needs and to put an end to this injustice. The law defines **a trafficking victim as a person induced to perform labor or a commercial sex act through force, fraud, or coercion.** Any person under age 18 who performs a commercial sex act is considered a victim of human trafficking, regardless of whether force, fraud, or coercion was present.

Anyone can become a victim of human trafficking. However, social determinants of health make some groups particularly vulnerable to trafficking. **Our brains are wired to work in whatever means possible for survival.** Instead of developing in a way that would allow us to become emotionally secure and to fulfil our potential, our brains and bodies are driven by a hidden fear of retraumatization which is burnt deeply into us. We dissociate from our emotions and experience ourselves within shame. Because of all of this **the way that we relate to ourselves and others and the world around us is distorted.** Subconsciously, we are constantly working to hide and avoid our fear. “Ultimately, the only way to recover from emotional trauma is to go beneath the surface, enter the world of the unconscious, and explore our wounds from inside our emotional self.” We cannot change the past and we cannot erase experiences. But, as a species, we have evolved to forget things that cause us pain and when these memories that we try to hide are triggered we find ourselves vulnerable. If we do the inner work we can reduce the impact of trauma to create a more fulfilling, authentic, and meaningful life (Rollins, 2).

DANCE/MOVEMENT THERAPY

Dance/movement therapy (DMT) is defined by the American Dance Therapy Association (ADTA) as **the psychotherapeutic use of movement to promote emotional, social, cognitive, and physical integration of the individual, for the purpose of improving health and well-being.**

Jessika Baral is a dance activist who started the nonprofit organization Our Chance To Dance. In Baral’s TedTalk, “You Are How You Move: Healing Through Dance,” she explains as humans **we can feel afraid to draw attention to our bodies and sometimes even be afraid of our bodies.** These feelings stem from insecurities, fears, and worries. The dance/movement community encourages everyone to openly embrace what we are feeling, take up space unapologetically, and empower ourselves. When we start to wear down those walls and fears we can gain confidence and begin to heal. Dance/Movement Therapy (DMT) can heal physically, spiritually, and emotionally. Dance changes the makeup of your brain because it leads to larger brain volume increases than other workouts. You can see increases in communication, attention, and memory in your day to day lives. Many trauma victims suffer from depression, body image issues, and anxiety. DMT encourages you to be vulnerable because **“our bodies are an external expression of our internal state”** and once you start working through the vulnerabilities you can feel empowered and transformed.

Dance is a form of meditation. Dance is a meaning of centering, cleansing, grounding, and liberating. By moving your body you can influence your body composition for the next 80 days, which is how long most cellular processes stick around. Medicine Mandala enforces the 5rhythm concept which includes, flowing, staccato, chaos, lyrical, and stillness. Through these rhythms you can experience your real self, a vulnerable, wild, passionate, instinctive self. **Dance boosts cardiovascular health, bone strength, balance, and flexibility.** Ananda Shankar Jayant is a cancer survivor who believes she healed through the power of focus, choice of thought, image, and metaphor. Antonia Santiago Amador, a domestic violence survivor, uses dance to “call the spirits within you.” All of these people, organizations, and concepts hold the same core value that DMT can aid in the healing process.

DANCE/MOVEMENT THERAPY

Traditional “top down approaches” like cognitive behavioral therapy work by processing and altering thought and memories to alleviate symptoms of trauma but they don’t relieve the somatic and biological symptoms. The scientific thought behind Dance/Movement Therapy is “integrating the body into treatment for those who have experienced trauma can synchronize the endocrine system to inhibit proper functioning and with a balanced system, trauma affected clients can delve into cognitive processing.” DMT is a “bottom up” treatment method where the techniques focus on balancing the central nervous system and aid in the development of emotional understanding, the cultivation of empathy, the repair of insecure attachment tendencies and an increase in self knowledge, all while engaging cognitive, physical and emotional processes.

DMT is carried out through different techniques. For example, body scanning is a guided meditative process that enables a person to detect pain, discomfort and abnormalities that they may have accepted as their baseline state of being and no longer notice. Mirroring is a technique that involves duplicating the movement qualities of another person. As one person moves, the other person watches and does their movements simultaneously, resulting in a reflection of movement. This technique enhances emotional understanding between a therapist and client. Body-based coping

skills are another technique used in DMT. These coping skills are effective because self-touch also can deepen one’s relationship with their body and build confidence in one’s ability to self sooth. All humans use self-touch in stressful social situations in effort to regulate the increased tension they are experiencing because it relieves sensations caused by the chemical changes along neural pathways in those areas.

Movement can initiate emotional processing to bring greater awareness to the emotional experience. Emotional processing is first linked to the body's response to the environment while movement is the first process needed to identify the relevancy of the emotional experience. The principles of dance/movement therapy are based on the ideas that the mind, body and spirit are interconnected and that movement is a human’s foundational system of communication.

While dance/movement therapy has gained recent recognition for its proficiencies in mind-body integration, limited research has been done that confirms the success of DMT interventions on various populations. In one study, at the end of their 5-week sessions, participants noted that they felt that they found their “inner rhythm and space”, had developed an increased awareness of personal boundaries and had an enhanced understanding of relationships.

PLACE

History of Franklinton

Site Location

HISTORY OF FRANKLINTON

Franklinton, Ohio

Franklinton is experiencing an increase in people from outside the community moving in. A main reason why people are moving to Franklinton is because of affordable housing. The cost of living is 16% lower in Franklinton in comparison to the rest of Ohio and 23% lower than the US average. About 75% of residents in Franklinton rent, leaving home owners as only a quarter of the population. The median rent price is \$610 which is 36% lower than the nation’s average. However, the state homes reflect this. Many of the landlords do not properly maintain their properties, causing their tenets to live in unsafe and damaged homes. Although the cost of living is lower in Franklinton, it comes at a cost. Franklinton’s crime rate is 162% higher than the rest of Ohio’s. One in sixteen people have a chance of being a victim in Franklinton.

The unemployment rate in Franklinton is 8.5% which is 83% higher than the national average. The disproportion of job levels is influenced by the education levels of the residents of Franklinton. Approximately only half of the residents have graduated from high school, reducing their job opportunities. Many of the available jobs are unfulfilling and have a low hourly wage, such as food establishments, stores and other commercial venues. Not only do they have a low hourly rate, but these kinds of jobs rarely include benefits such as health insurance.

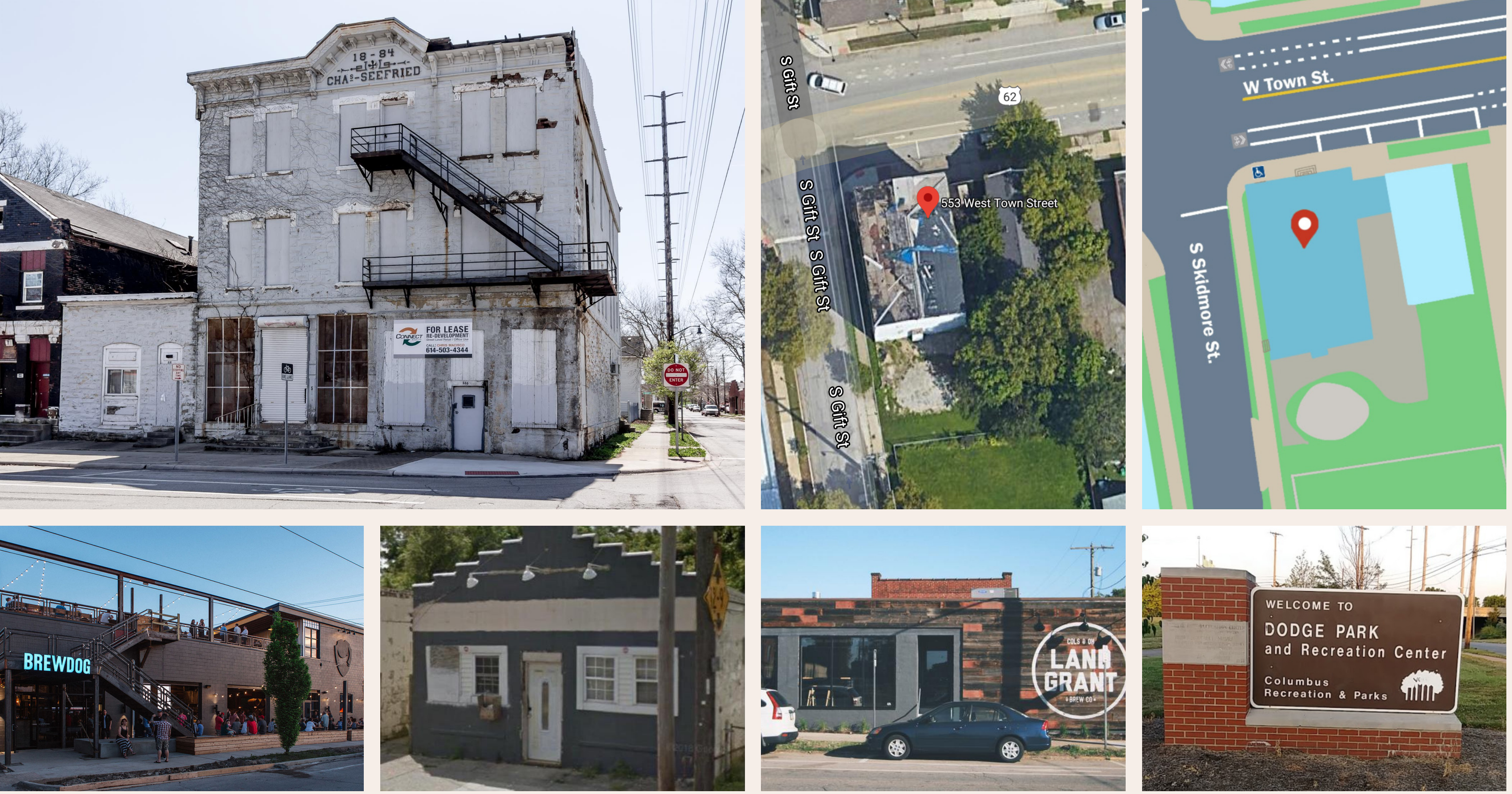
The history of Franklinton dates back to 1795 when Lucas Sullivant settled near the banks of the Scioto and Olangtangy Rivers. Over the next 100 years, the farm-based community

transformed into a growing city. The Great Flood of 1913 took place after two days of steady rain, the wooden levees holding the Scioto River collapsed and Franklinton was covered in water. The flood left 20,000 people homeless and property value dropped 50 percent. In the 1980s, the area was declared a floodplain, imposing rules that essentially halted building and investment in the neighborhood.

Franklinton saw some big construction changes in the 1960s, the construction of the Interstate Highway System removed several buildings resulting in lowered property values which drove families out of East Franklinton. The highway construction formed a barrier which sealed off the east side of Franklinton. This isolation was reinforced with the construction of West I-70. In 2004, the Franklinton Flood Wall was built to protect the area from floods up to 30.9 feet. This flood wall has enabled new development policies lifting the floodplain declaration and allowing for investment and renovation.

In 2008 and 2009, the Housing and Economic Recovery Act and American Recovery and Reinvestment Act were passed. Both acts attempt to strengthen and modernize the nations infrastructure and protect those in greatest need. At the turn of the decade, the Columbus Metropolitan Housing Authority demolished three housing projects in the East Franklinton area, and the population in East Franklinton was greatly reduced.

SITE LOCATION



Kessler’s Corner Grocery

- 553-555 W Town St, Columbus, OH, 43215
- area is currently poised for redevelopment
 - not safe to enter
 - vacant for years
 - 3 entrances, 1 ada accessible
 - some street parking
 - nearest bus stops are 2 blocks away
 - bike lanes on town st. but currently not utilized
 - residences in front and back of building
 - businesses to the north and west
 - attached to a smaller vacant building
 - small stone lot behind building
 - sidewalks all around building
 - painted CMU and brick exterior
 - overgrown landscaping and weeds
 - 1 mile away from Sanctuary Night location

POTENTIAL

Guiding Principles

Case Studies

Programming

Design Implementation

GUIDING PRINCIPLES

Give Reason For Observation

Public Vertical Circulation Symbolizes Healing

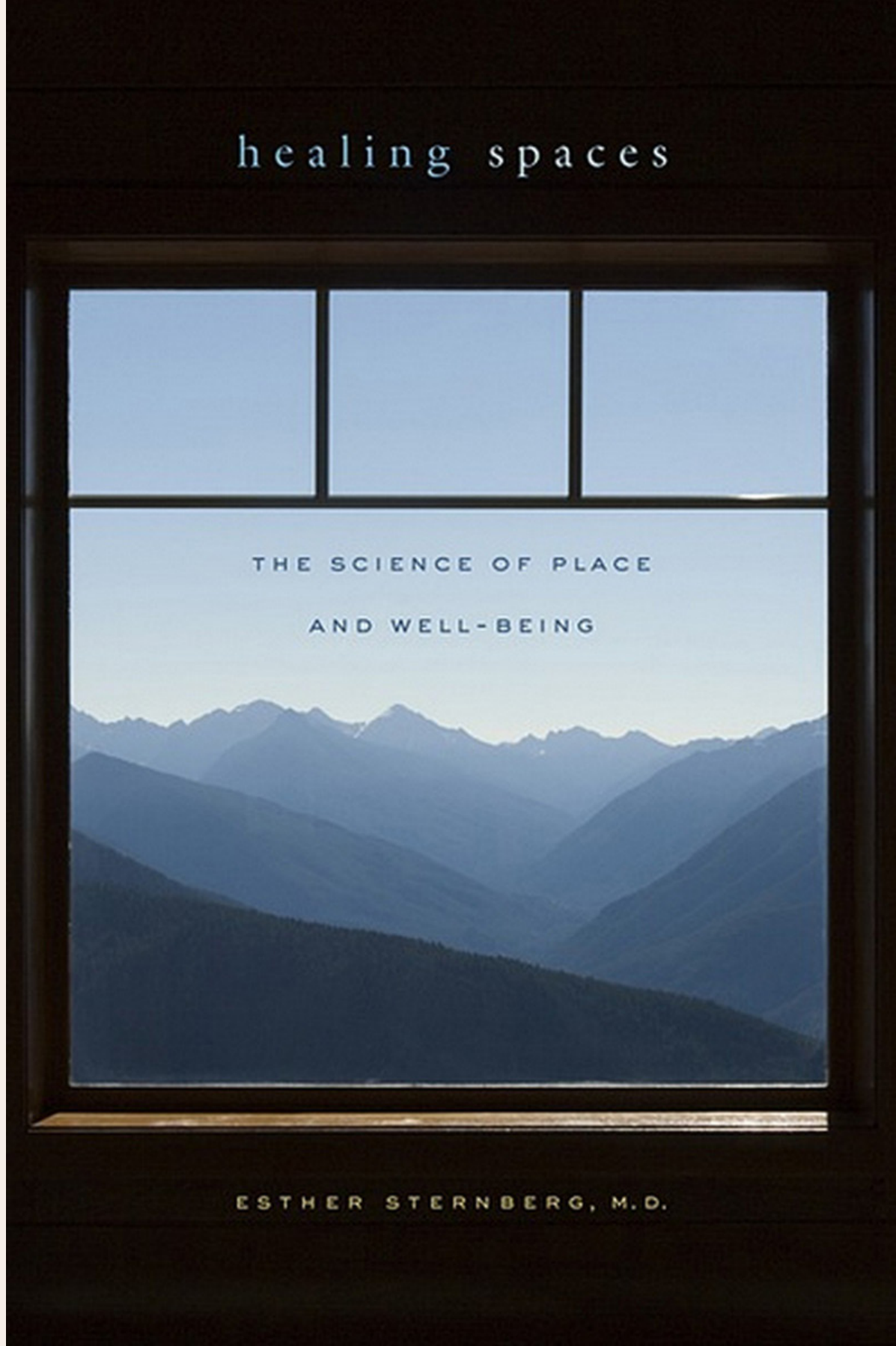
Keep Your Staff In Mind

GIVE REASON FOR OBSERVATION

Engage A Sense Of Community

Esther Sternburg, author of Healing Spaces talks about the process of healing. In alignment with my research on trauma, Sternburg describes the debilitating fears we have as humans and our brain's tendency to focus inwardly. She says, **“you know you’re healing when your focus turns outward.”**

Two types of studios can be used within the space to provide options for the most comfort and progression along the journey of healing. Traditional reserved rooms where those in it cannot be seen from outside of the room and a more modern take on a dance studio where patients and staff can be seen during their sessions. **Open studios can act as motivation for newcomers, create an engaged sense of community, and give reason for observation.**



PUBLIC VERTICAL CIRCULATION SYMBOLIZES HEALING

Embrace The Climb

Esther Sternburg describes the journey of healing as **“health is that spot, and healing is the perpetual march you must continue to take to stay there.”** The march of our everyday lives can feel exhausting and overcoming your fears can feel overwhelming but when we keep marching we can get to that healthy mind and body.

Frank Gehry’s human-centric lighting technique in his famous cafeteria design highlights the journey of climbing the stairs. Gehry, along with the visionary building owners, seized the moment as an opportunity to capitalize on a growing trend in real estate development where the lines between residential and commercial spaces blur, and living healthy productive lives becomes the new mantra. Gehry’s stair **creates a sense of visual connectivity** through an expanded floor plate that did not exist in the original design. This in combination with lights that change throughout the day create a human experience.

Eindhoven University of Technology conducted a social stairs experiment where an interactive staircase called Social Stairs was used as an Experiential Design Landscape (EDL) to research emergent behaviour. The goal of this study was to evoke **physical active behaviour of people that contributes to their wellbeing**. Eindhoven University of Technology concluded: the experience of using the staircase was predominantly associated with positive emotions and usage of the staircase is stimulated by the presence of the interactive sound installation.

Throughout a variety of research studies conducted, it appears that our brains have associated the visual of **curves as signifying, “a lack of threat”**. Studies involving brain scans visually displayed that the amygdala became more activated when a participant viewed a rectilinear object as opposed to a curved one.



KEEP YOUR STAFF IN MIND

Empower Employees

Can a room environment facilitate counseling, affecting clients self-disclosure or the interpersonal relationship between a client and a counselor? Studies conducted by Eindhoven University of Technology found that lighting affected participants’ impressions of the rooms, the interviewer, and the amount of self-disclosure. This study also found favorable responses to dim lighting. When dim lighting solutions were implemented, a small trend showed that patients talked more and disclosed more about themselves and described the experience as relaxing. A rise in resimercial design leans towards the idea of home-like decorations creating a more comfortable space, however, these studies found no predominant pattern in resimercial design spaces compared to others.

Apart from these factors this Eindhoven University of Technology study found one thing to be overwhelmingly true across all participants: **lighting may not be as important as the counselors themselves.**

Traditional studies of color theory date back to the 1970s where colors are classified based on the emotions they provoke. These studies hold true to date where experiments showed that blue and green are the

preferred colors, and the results are also confirmed by other research. In general, red walls have been associated with more dysphoria than blue green walls. Blue decreases blood pressure, pulse and respiration, whereas others, such as red, tend to cause an increase in these biological functions. One study even showed in the conditions with black color, the patients might disclose themselves more frequently.

The reason behind our emotions corresponding with color is not entirely understood yet, it is clear that there is a connection present. Therefore, Interior Designers can use color psychology to logically make color decisions for their spaces that will help to enhance the overall mood that is desired. **Cultural, geographic, and gender associations should all be taken into account when looking at the specific target audience for the space.** While these findings are beneficial when considering design decisions, **modern color theory suggests that psychologists should consider choosing wall/ceiling colors that are visually pleasing to them because many psychologists occupy the office on a daily basis.** Balanced against the desire to please oneself is the desire to create a counseling space in which patients with different color preferences can all be comfortable.

CASE STUDIES

Planned Parenthood Queens

Hirose Dental Clinic

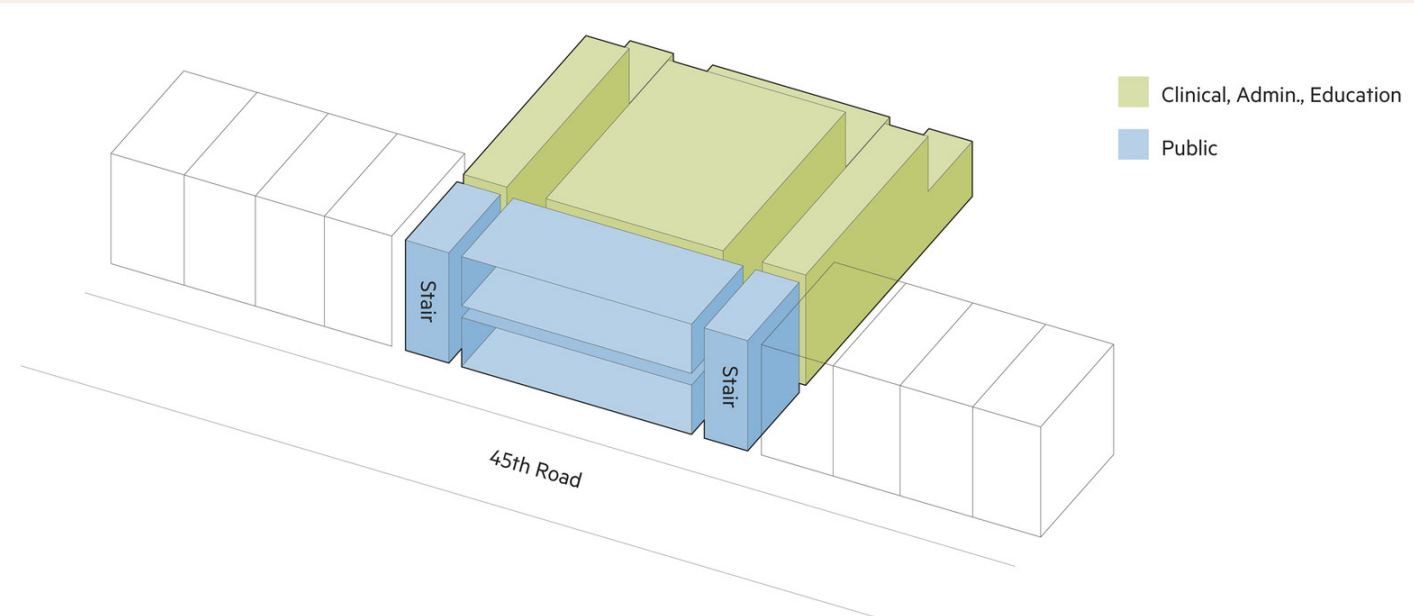
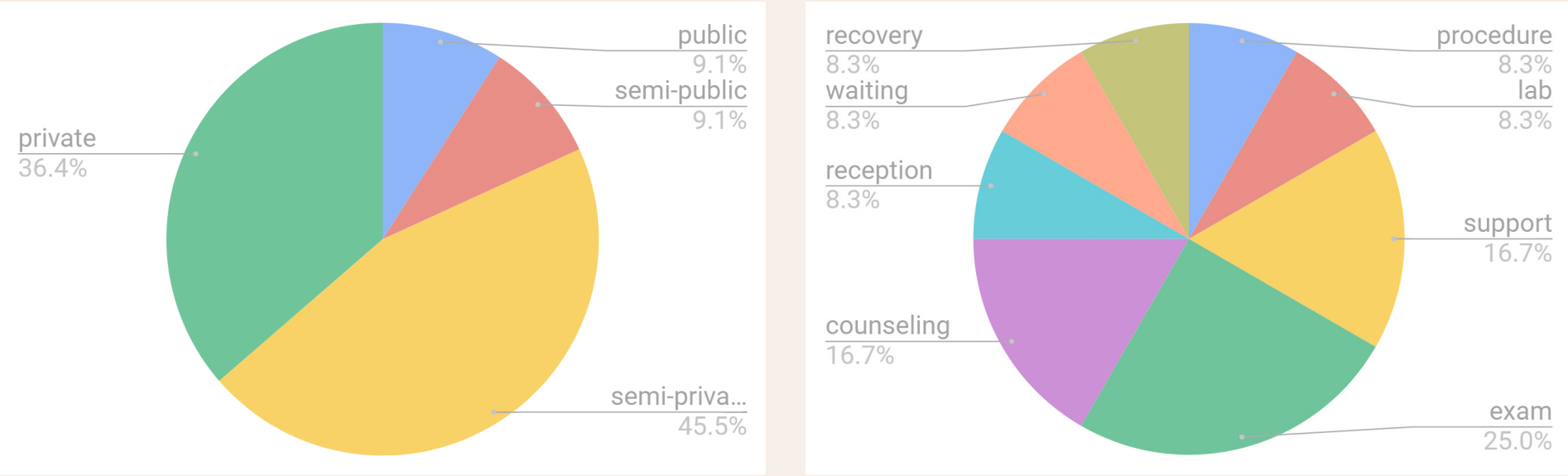
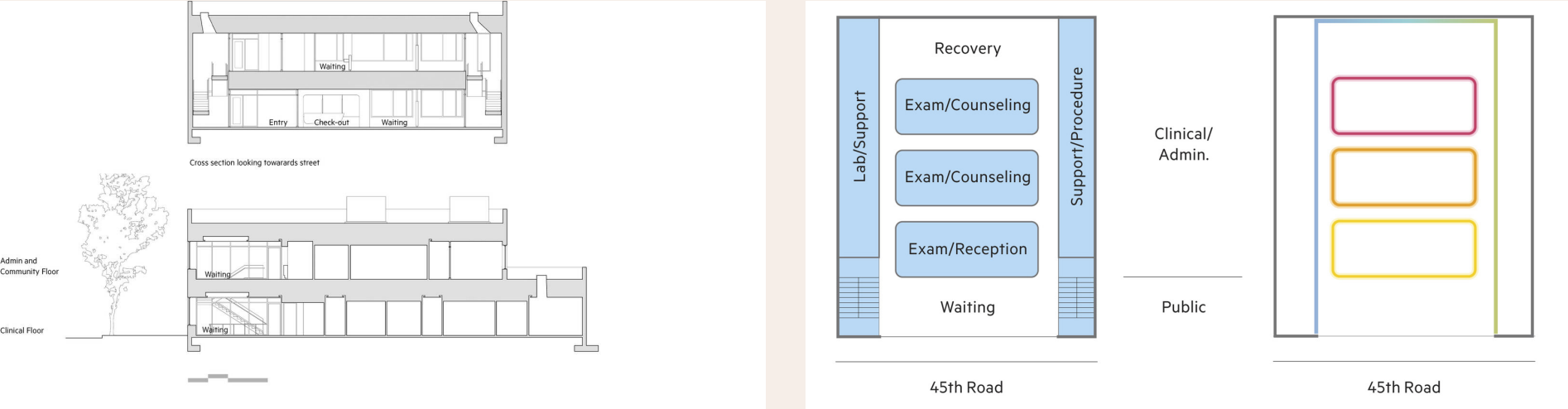
Steps Dance Academy

PLANNED PARENTHOOD QUEENS

Architect: Stephen Yablon Architecture
Location: Queens, New York City, New York
Year: 2016
Total Square Footage: 14,400 sf
Awards: Consider Light, Center for Architecture/AIA NY | AIA/AAH Healthcare Design Award, American Institute of Architects, National

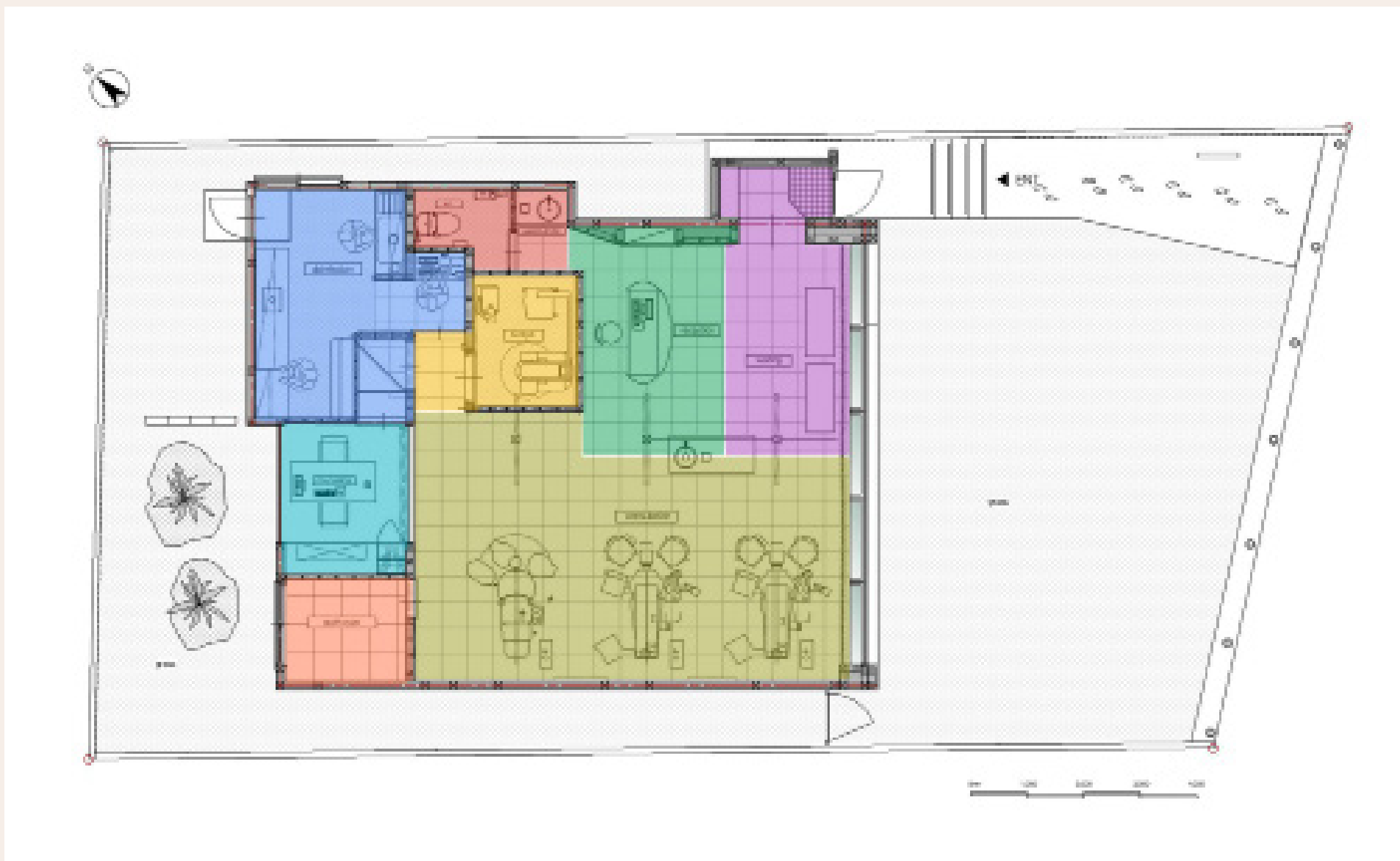
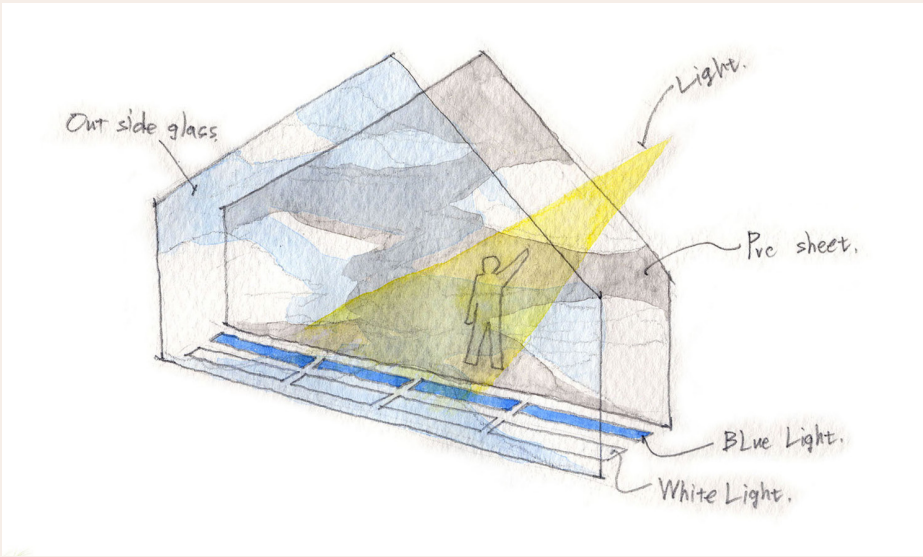
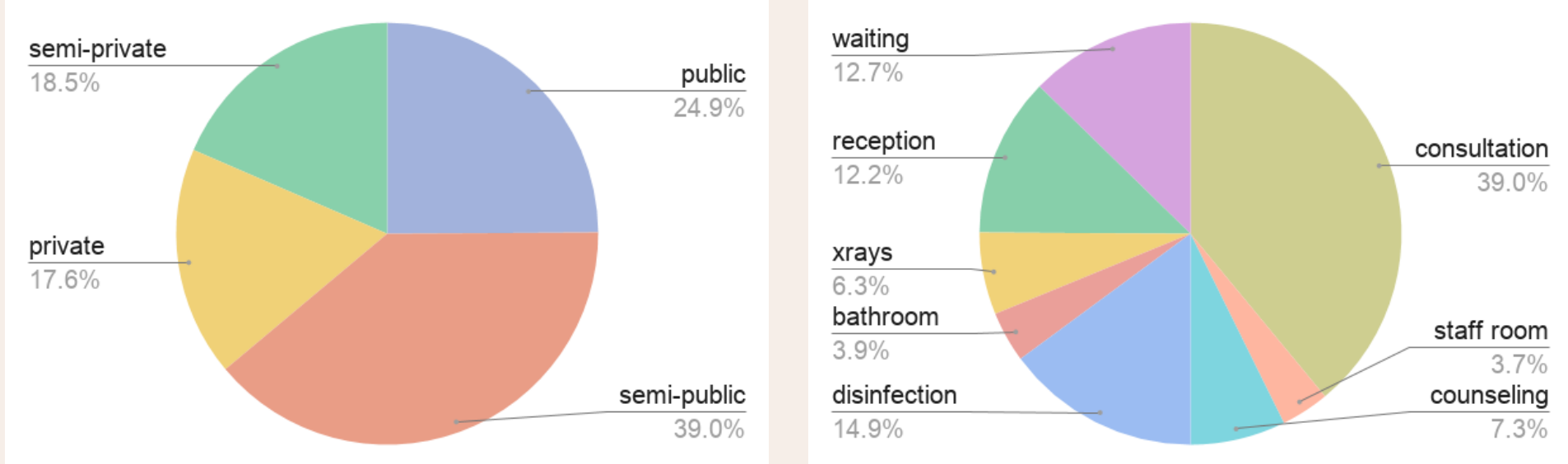


This is the first Planned Parenthood city center, this called for a bold expression of its commitment to state-of-the-art care for all and excellent patient experience. The asymmetrically composed facade stands out from its neighbors yet is sensitive to the scale of the street. The simply-planned, sleek, and light-filled interiors are uplifting and easy to navigate, reducing patient stress. A bold color system aids in orientation for the diverse users and brings spatial delight throughout.



Waiting areas are located along the street wall, creating a public presence for the institution.

HIROSE DENTAL CLINIC



Architect: Eleven Nine Interior Design Office
Location: Kawachinagano, Japan
Year: 2008
Total Square Footage: 980 sf



Oval lamps are strung from three locations appearing as if they are floating like clouds. The grass on the garden make the temperature of the ground down, it combats global warming. The surface is double structure. A sheet with clouds design is attached on the outside glass, also the same design is printed on the inside PVC sheet. Besides, putting the indirect illumination between films, magical perspectives occur when you see the building from the front. For the patients' privacy, the part where the treatment rooms are behind is graded washed.

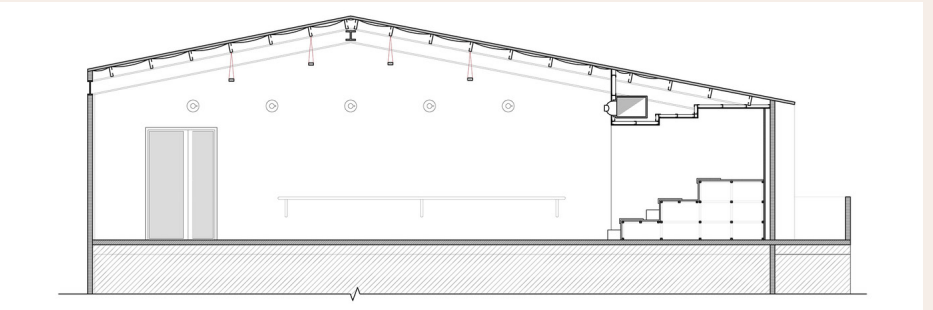
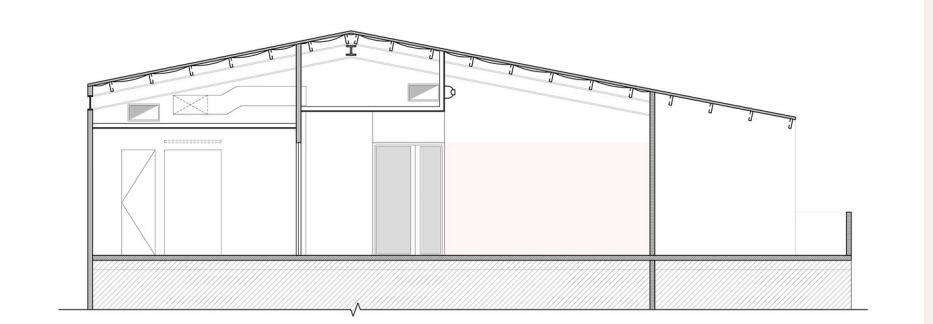
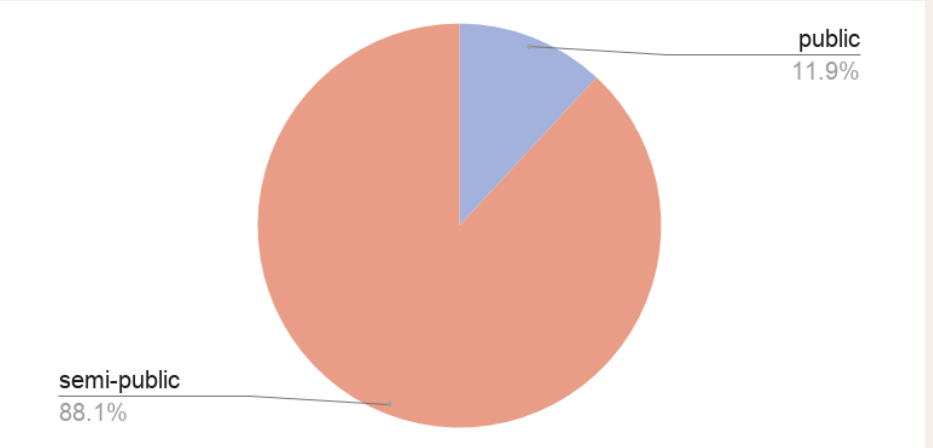
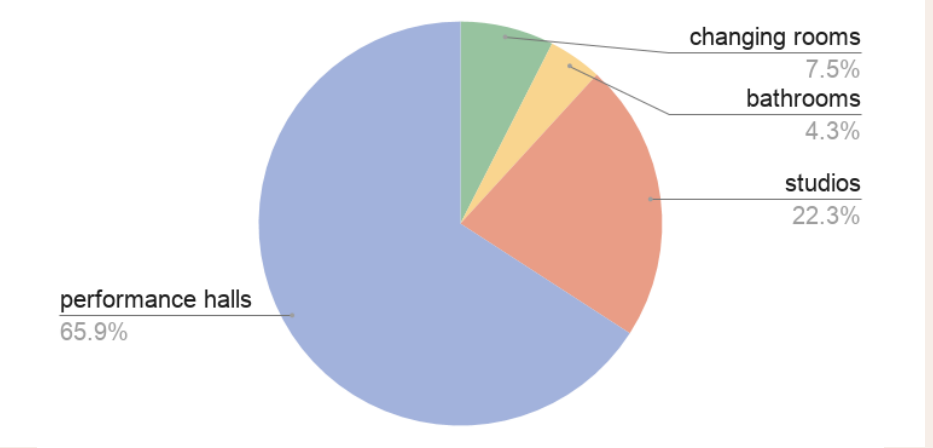
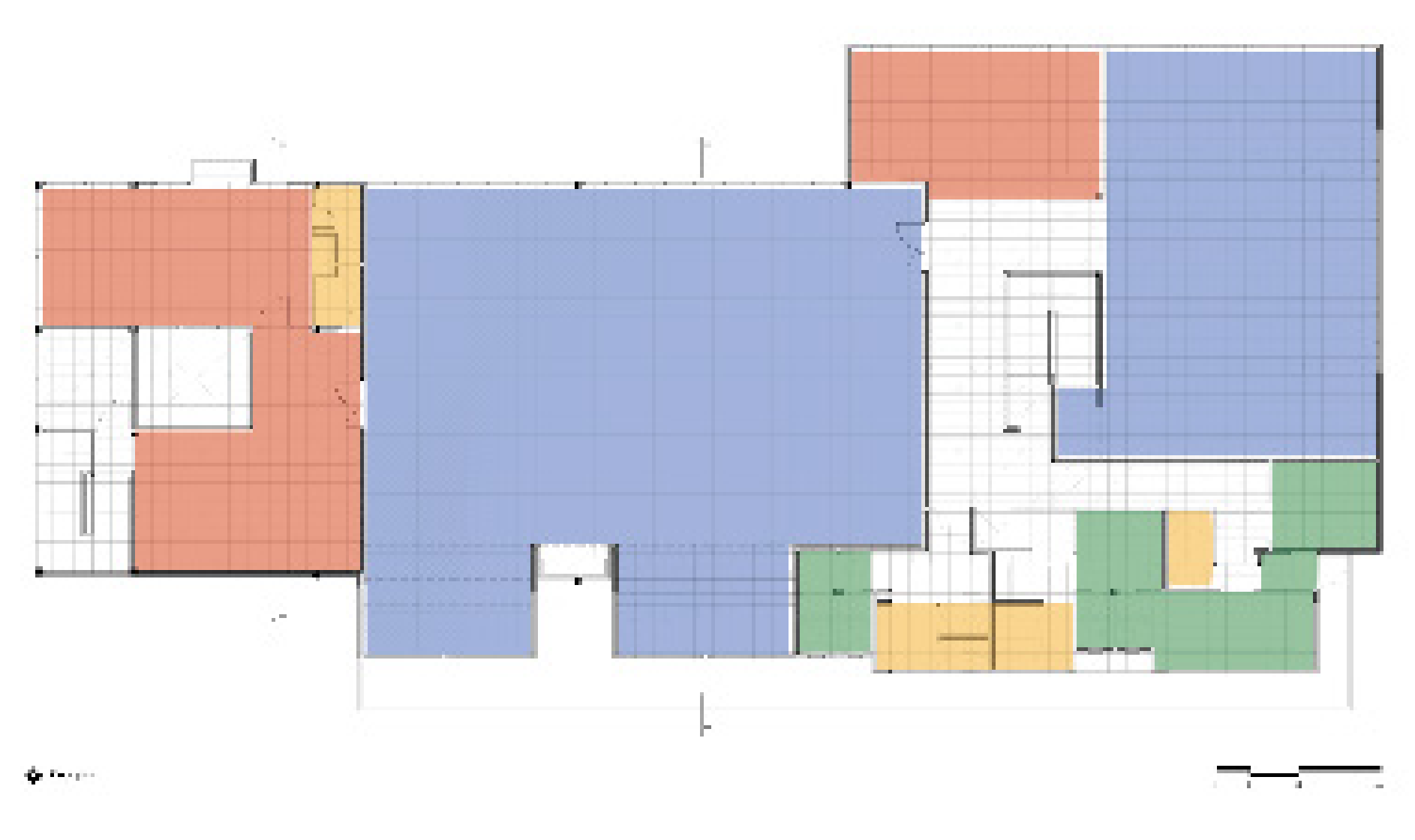
STEPS DANCE ACADEMY

Architect: SKETCH
Location: Panamá, Panama
Year: 2018
Total Square Footage: 6,673 sf



The project aims to enhance the spatial qualities of the space, smartly understanding the height limitation set by the double pitched roof, and locating auxiliary areas at the edges, such as viewing and staging areas. The main performing hall is housed in the middle of the floor plan, accessible by two staircases that lead to multiple spaces within the top level, allowing for uninterrupted access to all the performing areas by the students, and direct access to the studios by visitors. This main hall also serves as a gathering space for the more than one hundred students enrolled in the dance school.

In the absence of natural light, the studio is illuminated by several rows of lamps that bring a bright and uniform ambience light to the space. A mirror clad surrounding wall helps increase the visual perception of the space and aid in the teaching of dance abilities while subtle color accents have been used in some of the elements such as the solution designed to hang the lamps, storage cabinets and seating areas.



PROGRAMMING

Program-Based Interior Design Proposal

Short Program

Criteria Matrix

Adjacency Matrix

Building Analysis

Bubble Diagrams

Poetics

PROGRAM-BASED INTERIOR DESIGN PROPOSAL

The purpose of this research project is to study **how an interior design environment can nurture the needs of victims of sex trafficking and those who serve them in a specialty therapy center.** The intent of this research is to integrate the principles of Dance Movement therapy with the theory of healing spaces to **propose a preliminary set of guidelines for the professional practice of interior design.** I aim to demonstrate these aesthetic, functional, and symbolic guidelines through my capstone interior design project located in an adaptive reuse building in Franklinton, Ohio. This speculative project aims to foster an environment that will support and connect this vulnerable yet resilient population to the Franklinton community.

While statistics gathered about Franklinton paint a grim picture, there are also glimmers of hope in the community. Ohio is ranked fifth among all states in total reported human trafficking and 1,032 Ohio citizens are victims of human sex trafficking every year. However, **there are several non-profits in Franklinton working together to both help and support people caught in the cycle of sex trafficking.** Both Lower Lights Ministries and Sanctuary Night serve the needs of this population in distinct ways. Sullivant Avenue, where Sanctuary Night is located is a major corridor through Franklinton and Hilltop that is known for problems with prostitution, drugs, vacant and boarded-up homes, and other issues. One of my research questions is: How can I imagine that an interior design proposal for an adaptive reuse in Franklinton can support the people of Franklinton through employment opportunities and support the work of these

non-profits serving the needs of sex trafficked victims? **My proposal aspires to interfere in the cycle of abuse.** More than 36% of females in Franklinton work in education, health care, or social work. This center would create more jobs for those in fields as well as employment opportunities within the center such as a receptionist. **By partnering with non-profit organizations in Franklinton I can create a center based on structured programming and business models.**

Secondary research including psychology of color theory and light explores how those design principles can enhance the environment as well as case study analyses will be used to investigate and collect information that will ultimately inform **my interior design decisions to create a space that will serve as a “next step” for the friends of Sanctuary Night,** a non-profit focused on Sullivant Avenue that serves as drop-in help for those who are caught in prostitution, drugs, and other problems. **My hypothesis is that a ‘nurturing space’ and dance studio can provide an emotionally comforting environment for women in trauma and aid in the connection of autonomy and sense of control between mind and body. Mind in Motion: dance movement therapy for trauma will be capable of providing the friends of Sanctuary Night within Franklinton a solid foundation to focus on their physical, mental and social well being all-the while equipping them with the tools to work through their trauma.**

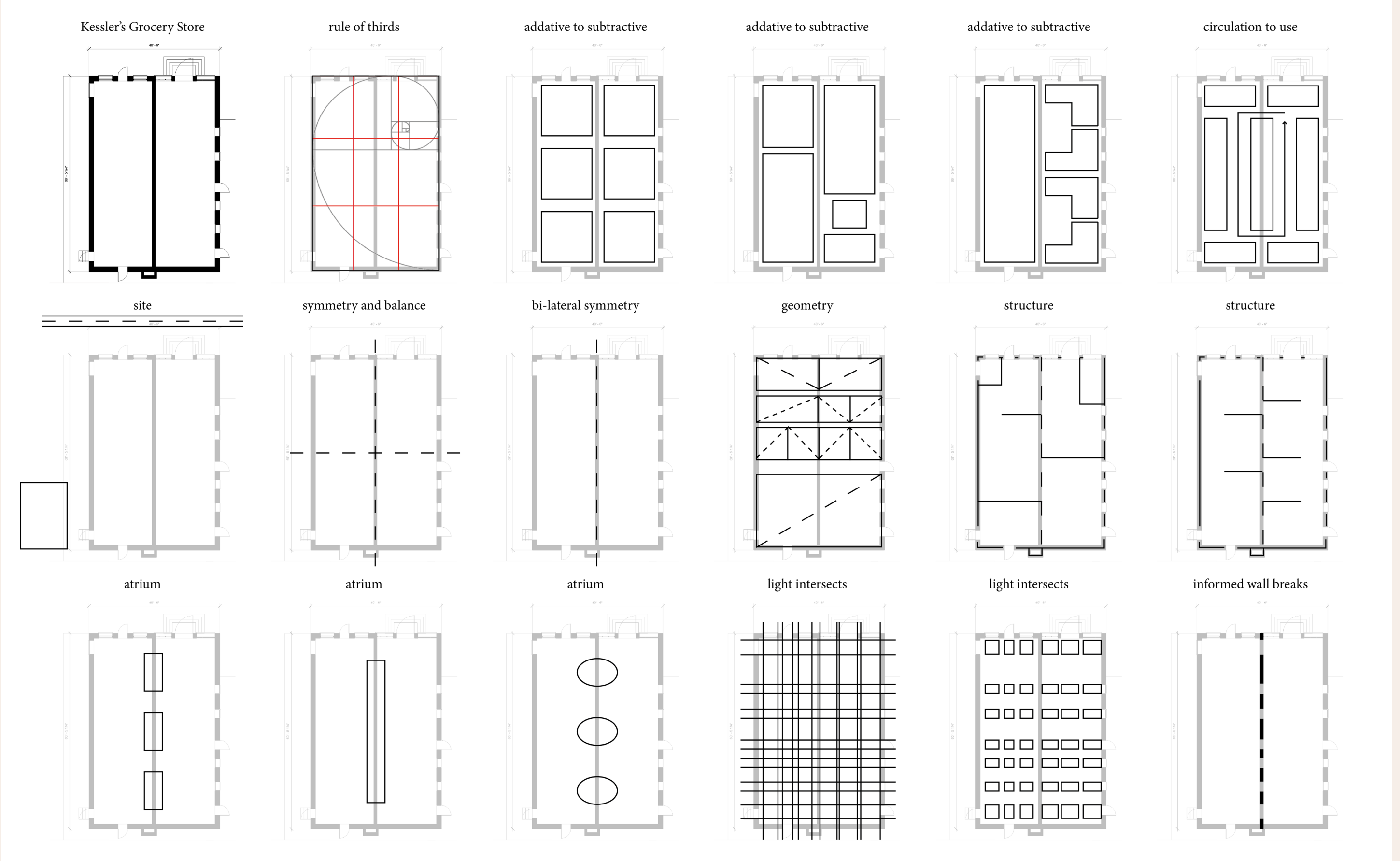
SHORT PROGRAM, CRITERIA MATRIX, ADJACENCY MATRIX

BUILDING ANALYSIS

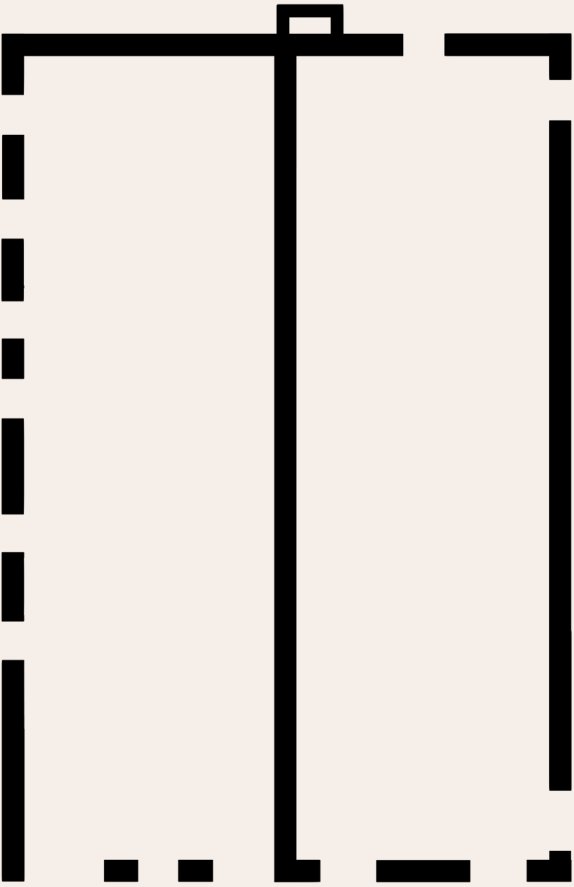
Short Program						
Space	Activity	Occupancy/ Unit	# of Units	Sq Ft/ Occupant	Unit Sq Ft	Total Sq Ft
						6,330
28%	circulation					1,780
Reception	check-in	6	1	30	180	180
Waiting	before dance classes	8	1	20	160	160
Sub-Waiting	before counseling/supp ort	4	1	20	80	80
Counseling	therapy	6	3	20	120	360
Support	reporting abuse	3	2	30	90	180
Bathroom	bathroom	1	4	40	60	240
Changing	changing	1	4	40	50	200
Large Studio	dance	40	2	20	800	1,600
Small Studio	dance	20	2	20	400	800
Staff Room	breaks/lunches	5	1	30	150	150
Storage	storage/janitor	1	1	300	300	300
MEP	mechanical/elec trical/plumbing	1	1	300	300	300
72%	programming sq ft					4,550

Criteria Matrix					
Room	Sq Ft	Furniture	Occupancy/ Unit	Daylight?	Acoustic Privacy?
Reception	180	desk and desk chair	6	Y	N
Waiting	160	lounge seating	8	Y	N
Sub-Waiting	80	lounge seating	4	Y	N
Counseling	360	resimercial setting	6	Y	Y
Support	180	resimercial setting	3	Y	Y
Bathroom	240		1	N	Y
Changing	200		1	N	Y
Large Studio	1,600	none	40	Y	N
Small Studio	800	none	20	Y	N
Staff Room	150	kitchen, community table	5	N	N
Storage	300		1	N	N
MEP	300		1	N	N

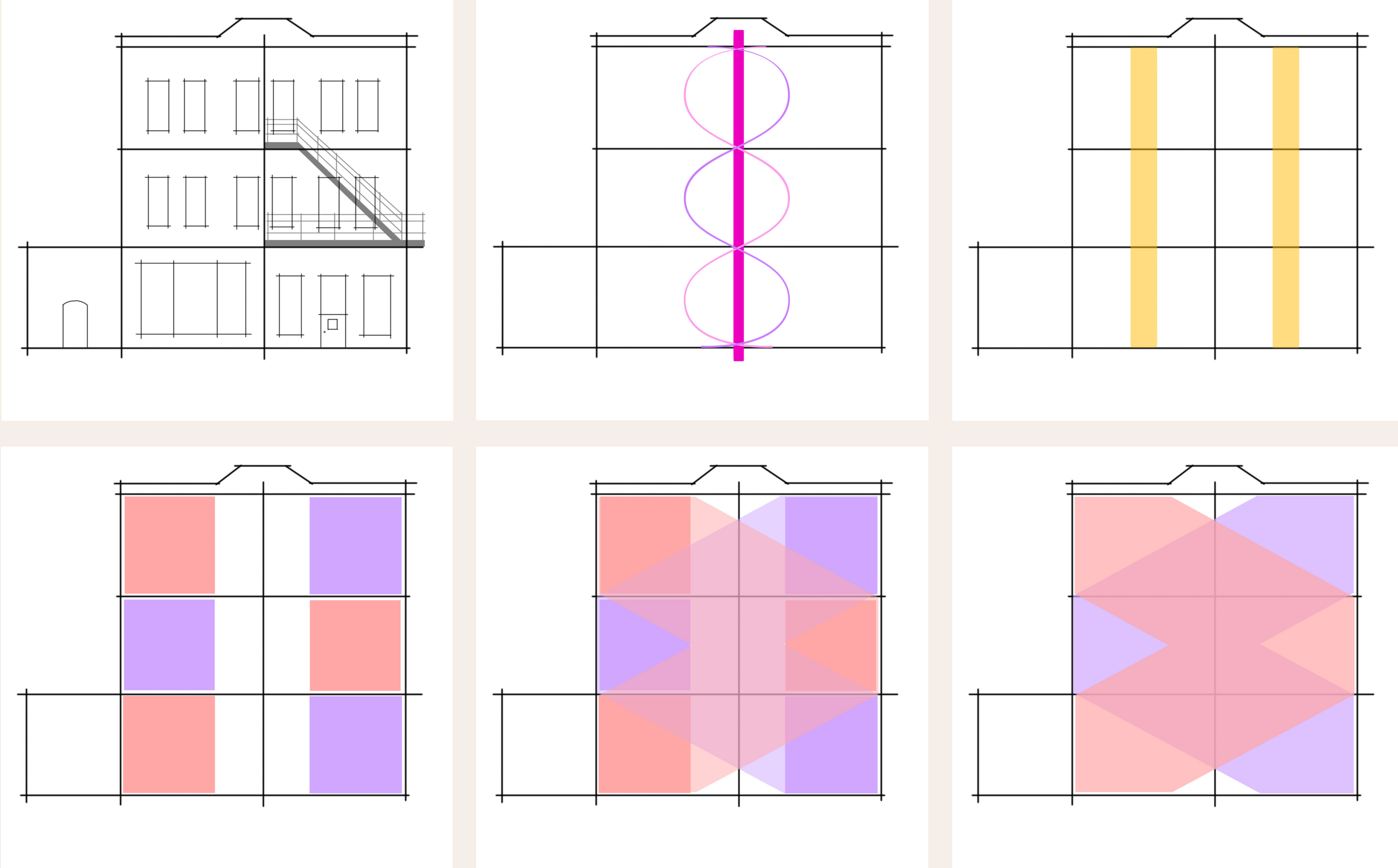
Adjacency Matrix	
Do these spaces need to be adjacent?	
Reception	yes
Waiting	yes
Sub-Waiting	yes
Counseling	yes
Support	yes
Bathroom	yes
Changing	yes
Large Studio	yes
Small Studio	yes
Staff Room	yes
Storage	yes
MEP	yes



The existing architecture of the building consists of a load bearing structure wall which divides the building into two rectangles. The front entrance, at the bottom of the plan, exists on a north facing, public wall. Through this exercise of analysis in plan view based solely on existing architecture, you can explore parti diagrams prior to design insertion.

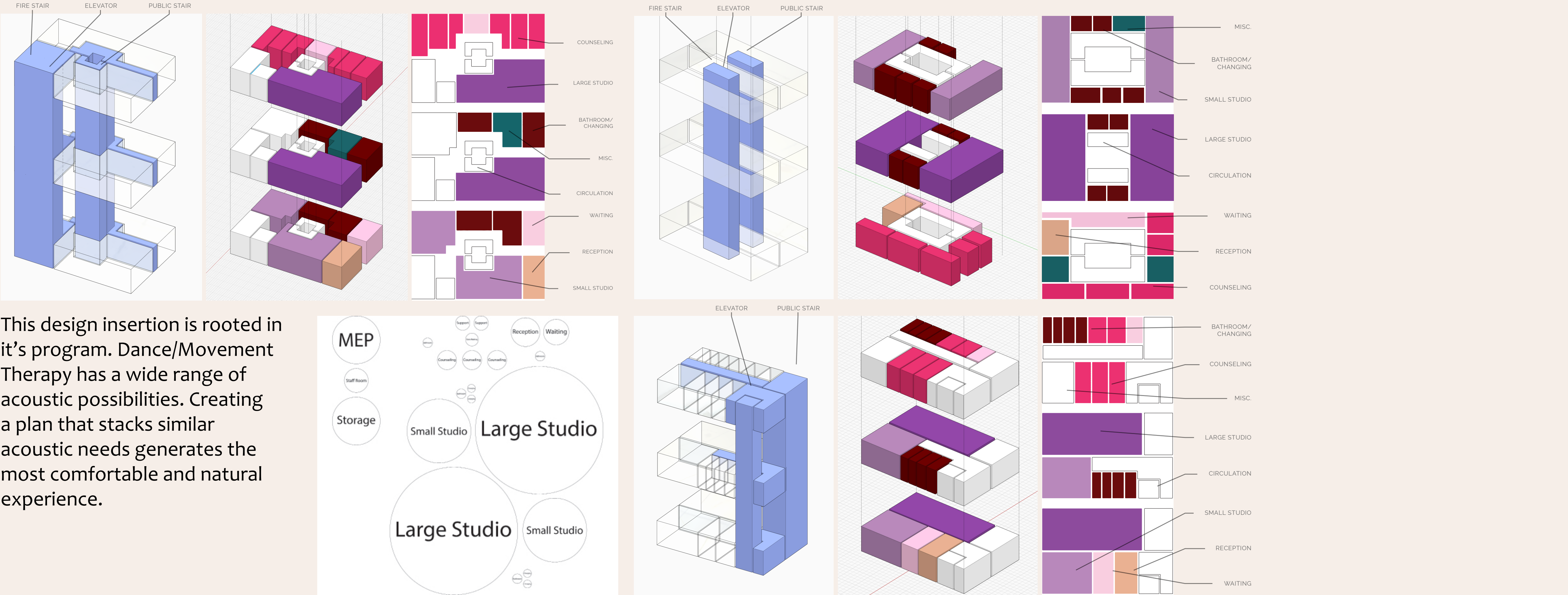


BUILDING ANALYSIS



The existing structure of the building consists of a load bearing structure wall which divides the building into two halves. The interaction between these two halves is essential because of the design goals. Through this exercise of analysis in section view based solely on existing architecture, you can explore parti diagrams prior to design insertion.

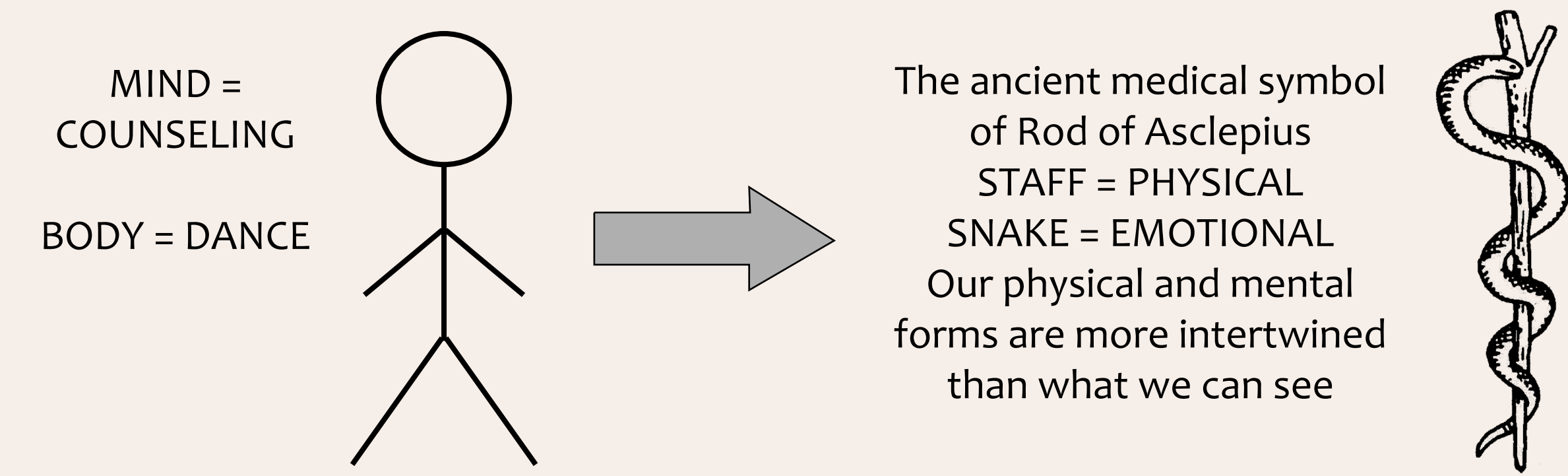
BUBBLE DIAGRAMS



POETICS

The women of Franklinton need to feel **supported**. Prioritizing health and empowering women is proven to create a more balanced socioeconomic community. Dance has deep **roots** in community building and can help express what we cannot put into words. Across the globe, dance and therapy are being paired together to connect the mind and the body for a more holistic recovery.

Health and wellness buildings can feel sterile and uninviting. In this space, I want to create a setting that supports women and generates **connections** and healing. The dance studios can house classes from 4-50 people. The counseling rooms are dedicated to women who come to the center on a more regular basis but can also be more geared towards group and peer guidance. Color theory, light studies, and biophilia can be paired together to further promote a comforting and safe environment.



DESIGN IMPLEMENTATION

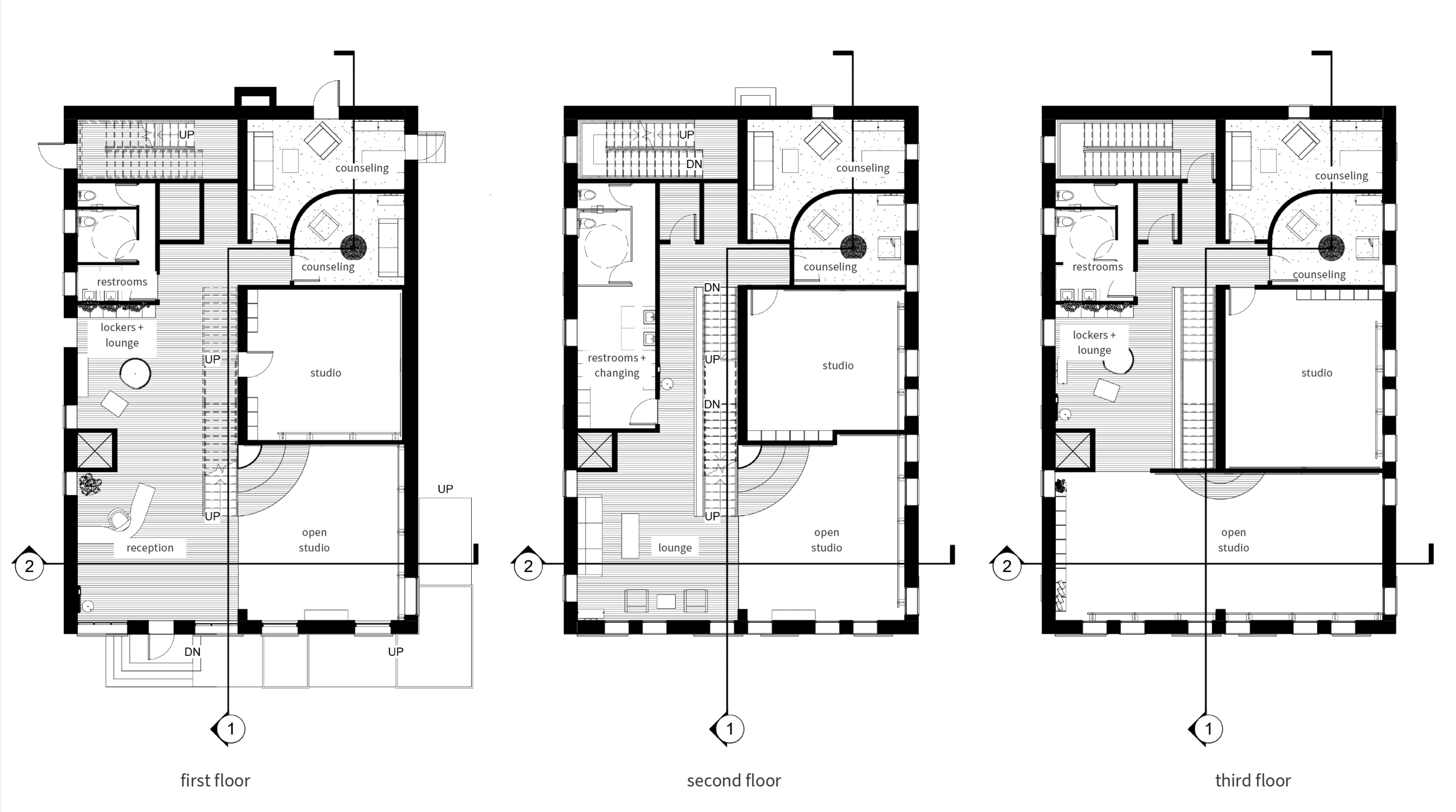
Floor Plans

Sections

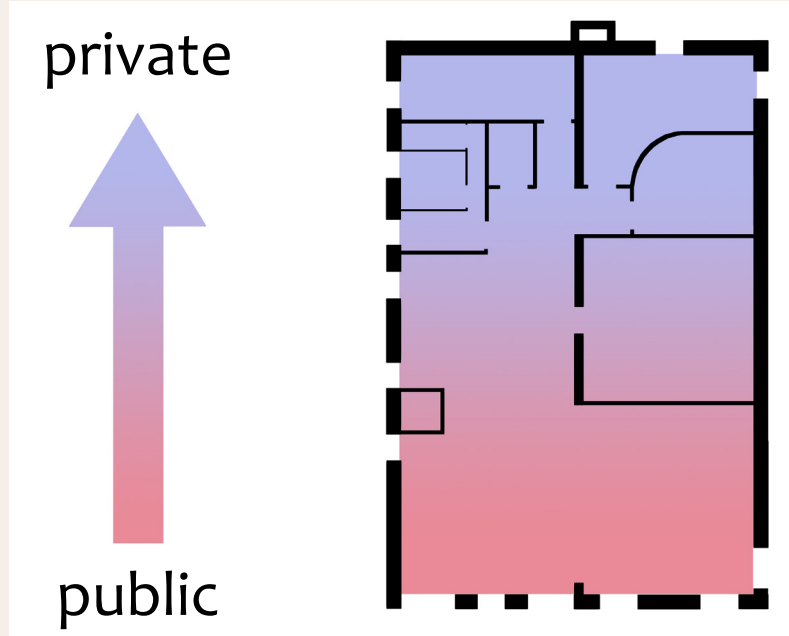
Rendering Schemes

Final Rendering

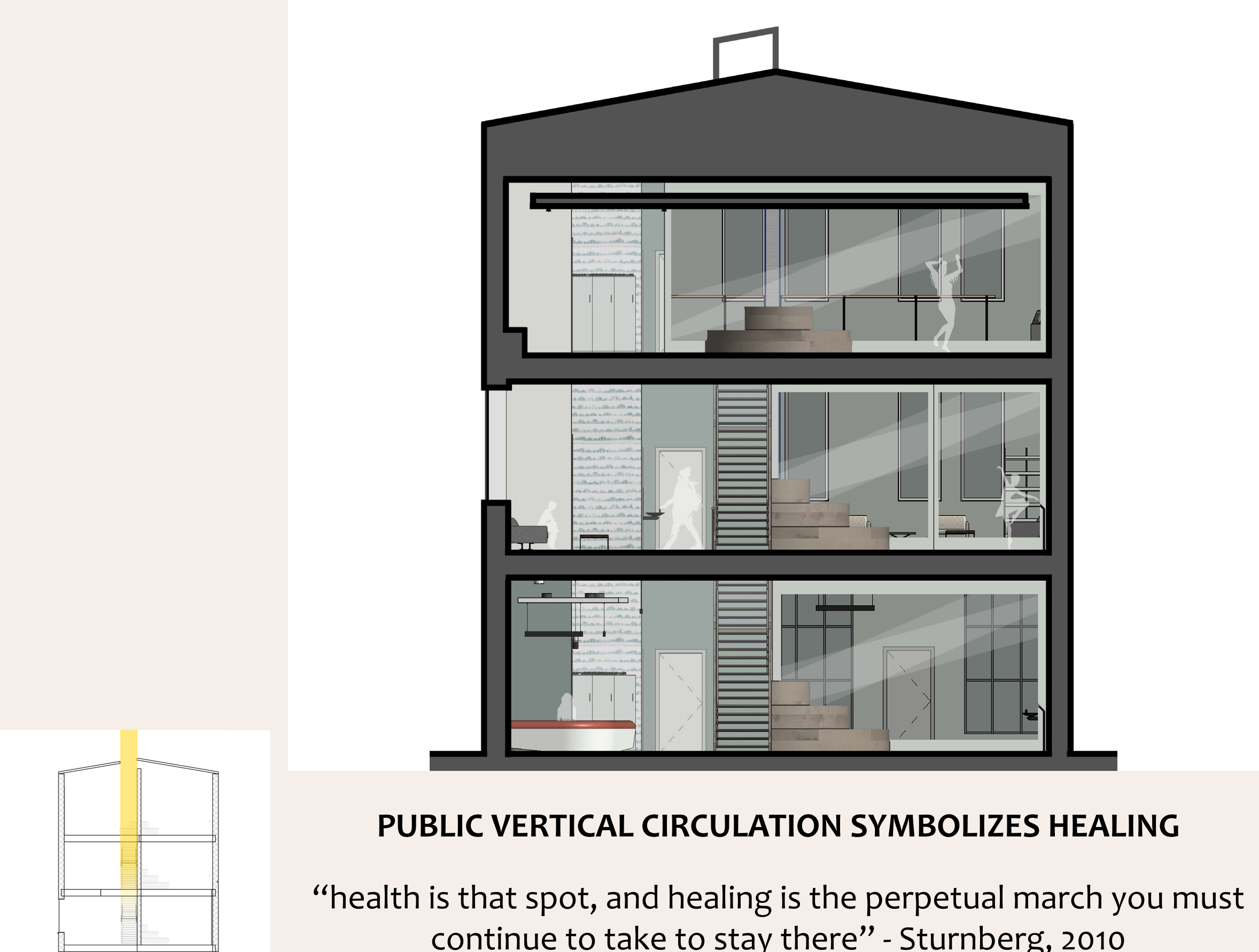
FLOOR PLANS



The first floor main entry sits in the pre-existing entrance on the north side of the building. A **second point of entry has been added** on the east side of the building that can be accessed from outside via an emergency fire stair. **The rooms through the building are arranged from loud to quiet which corresponds with a scale from public to private.** The open studios are located towards the front of the building, closer to the main stairwell and elevator. These spaces are public, allowing for a higher level of noise and energy. On the other hand, the counseling rooms are located towards the back of the building, allowing for a lower noise level and more privacy. Ultimately, this helps for the participants to focus and relax, knowing that their session is confidential.

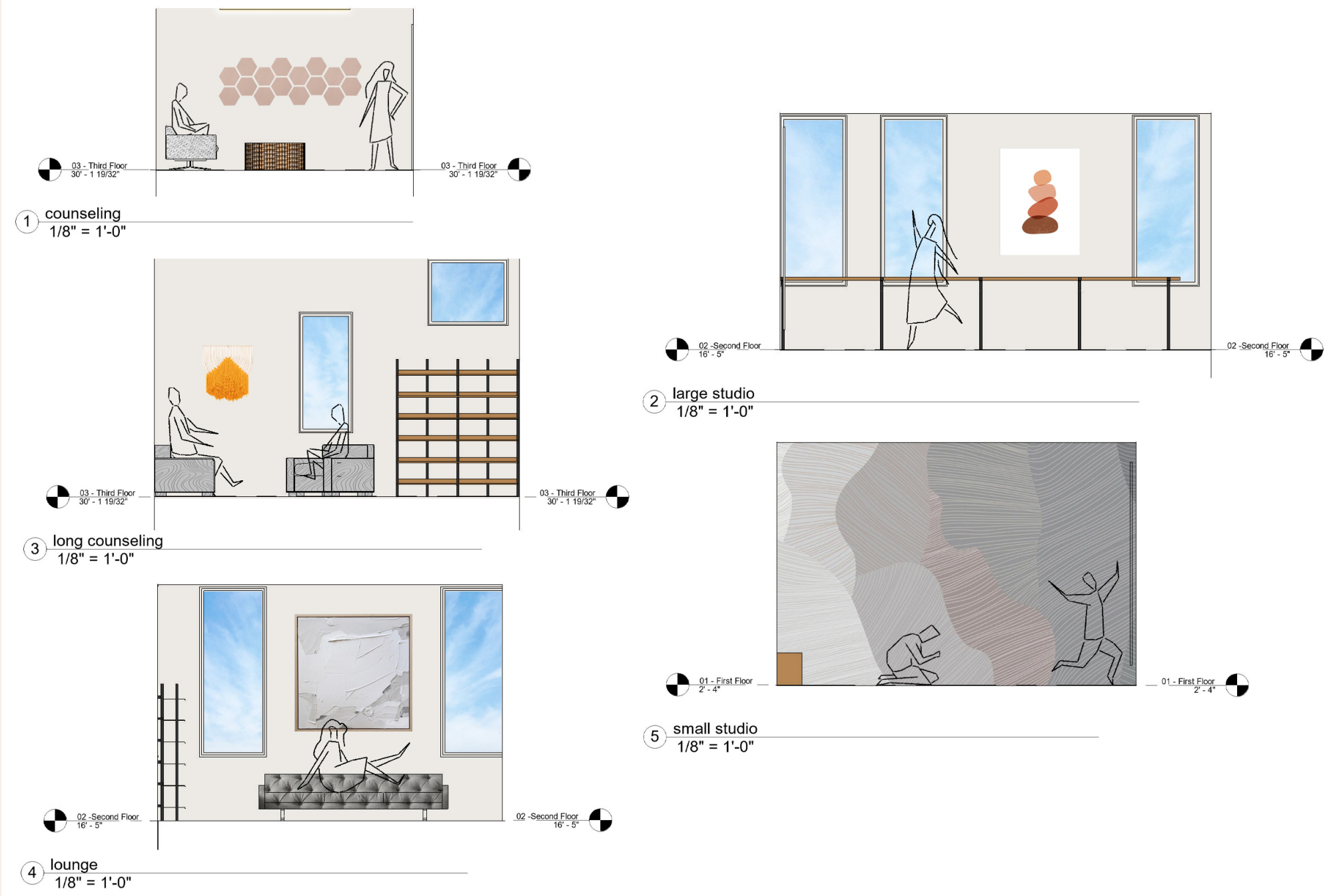


SECTIONS



RENDERING SCHEMES

Minimalist



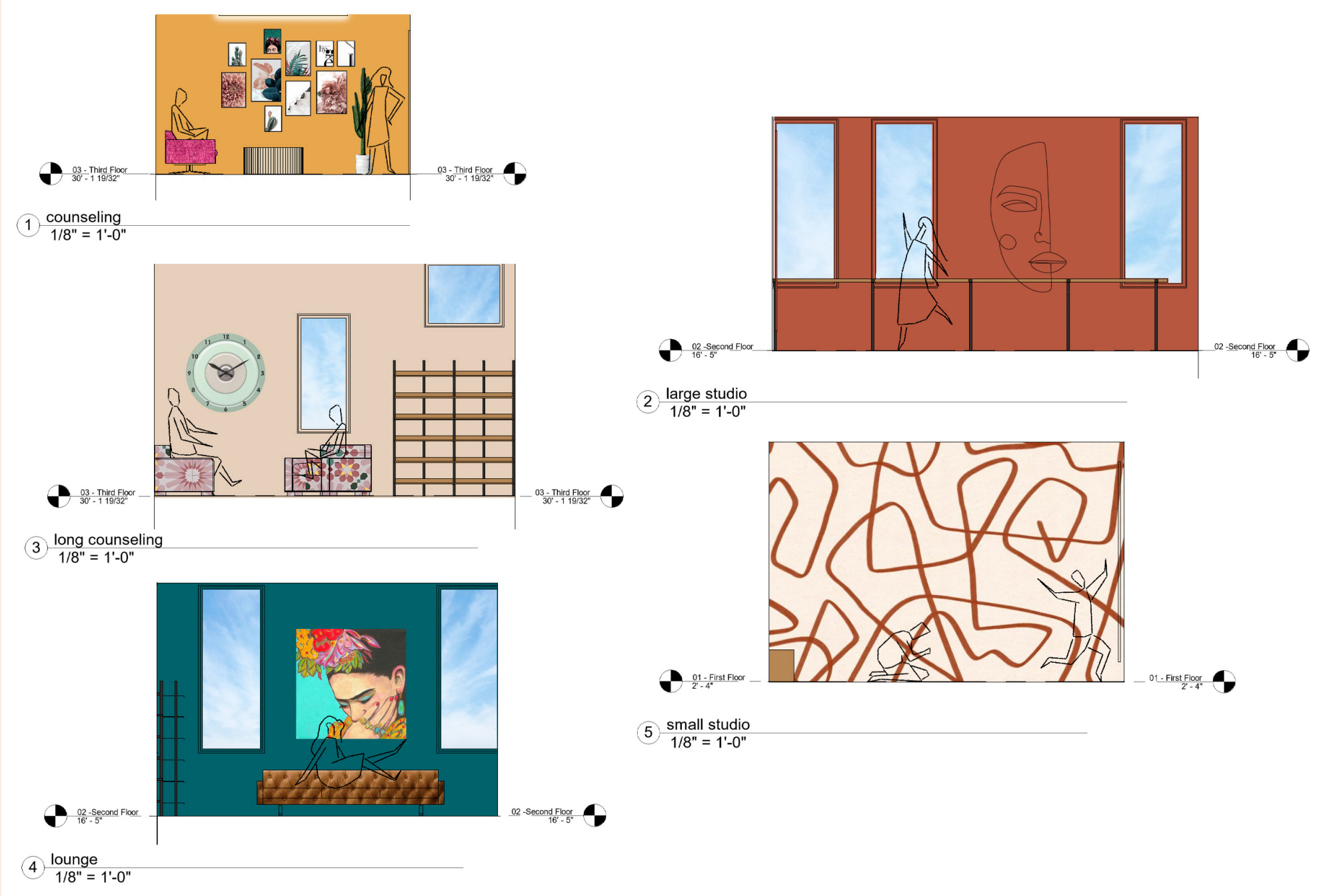
counseling



open studio

RENDERING SCHEMES

Eclectic



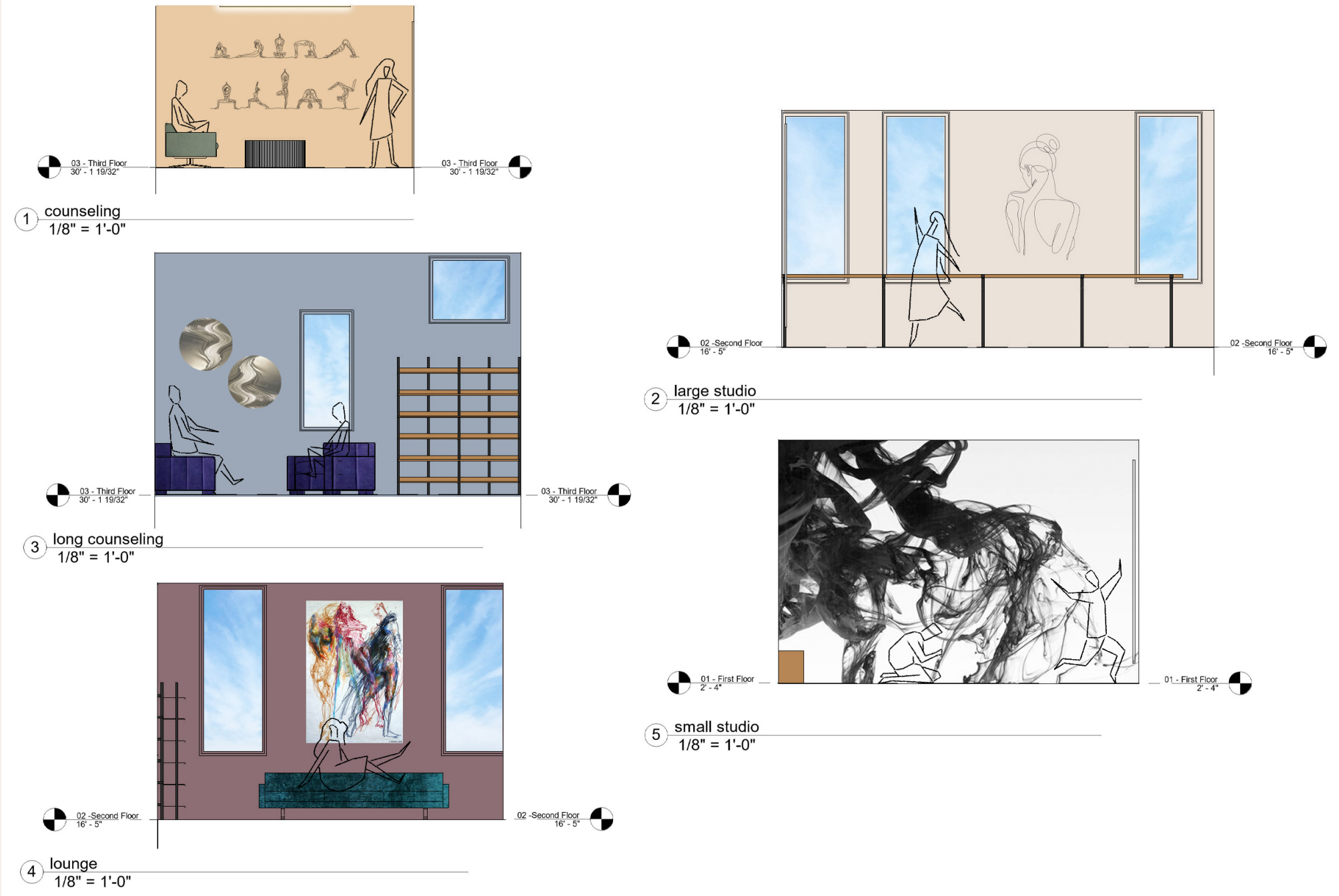
counseling



open studio

RENDERING SCHEMES

Movement

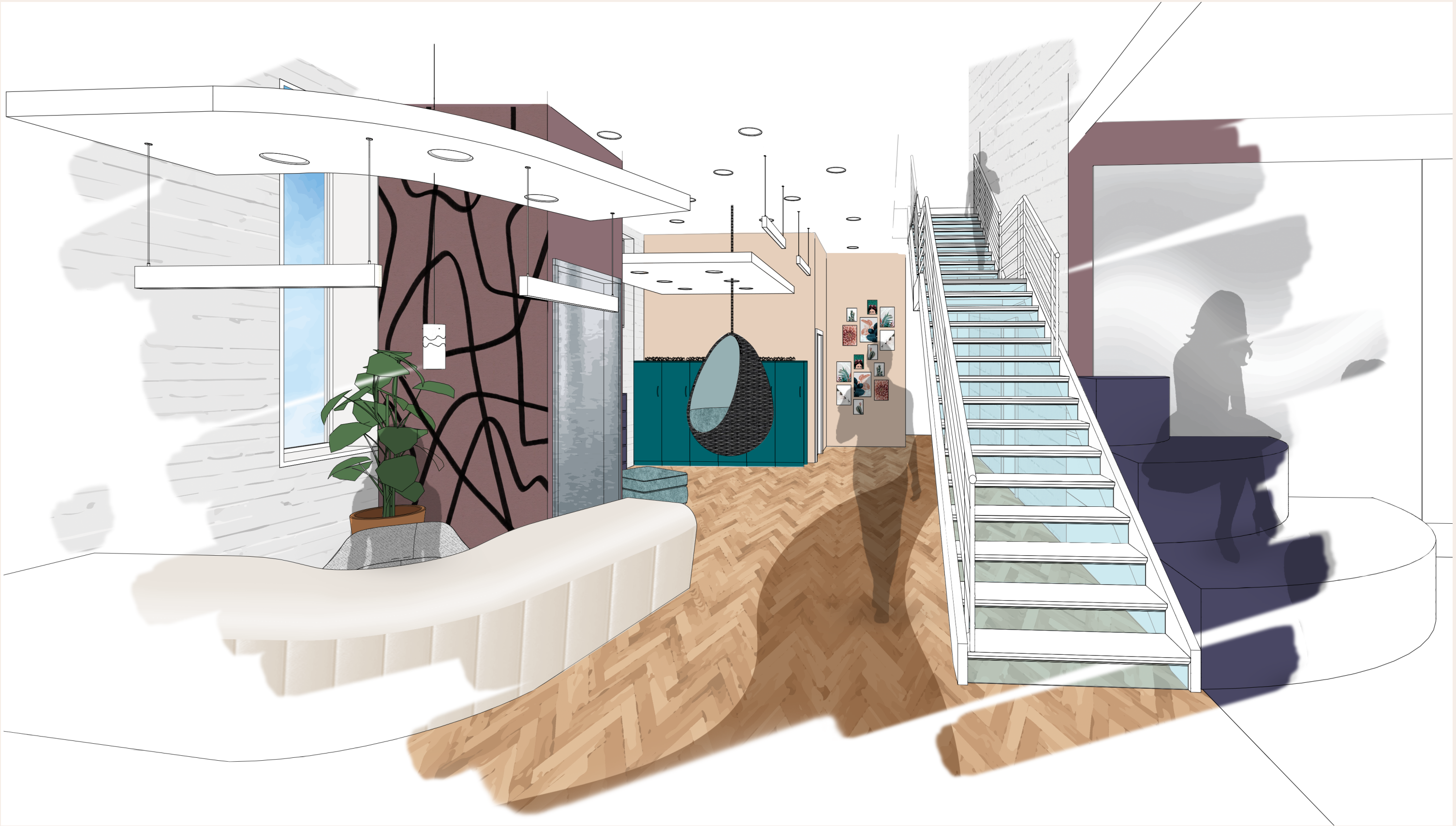


counseling



open studio

FINAL RENDERING



reception

A combination of these three schemes creates a space that emphasizes these guiding principles. Open studios and eclectic decor gives **Reason for Observation**. Due to the evidence of curves benefitting users within a spatial environment, curvilinear **Public Vertical Circulation** is implemented throughout. Stacking of counseling and dance studios allows for the most privacy in all sessions to **Keep Your Staff In Mind**.

CONCLUSION

FINAL THOUGHTS

Mind in Motion is a theoretical proposal that explores the possibilities for an adaptive reuse space in Franklinton, Ohio. We cannot verify that Dance/Movement Therapy paired with these design decisions would aid in the trauma healing process. Each victim would have unique needs that would influence how the space would impact them. However, due to the thorough research of healing spaces, alongside medical studies on trauma healing and DMT, it can be assumed that this space would be successful in producing a next step where the friends of Sanctuary Night would feel comfortable. In order to truly validate the design decisions made, a post-occupancy evaluation of the space would need to be conducted in order to determine how the users of the space felt. The findings of this evaluation could then be used by other designers as a case study to keep in mind when designing for future projects of this kind.

REFLECTION

This research project allowed me to expand my education and form a depth of knowledge around a topic I am very passionate about. As a dancer for 14 years, I know the empowerment that comes from control of your body. If I were to expand this research project, I would delve deeper into the haptic sense. The idea of ascension paired with the lifting and moving that comes naturally in dance could inspire sightlines, vantage points, and bodies in space. The idea of embodied agency calls back to the idea of empowerment and ownership. From this program, these friends of Sanctuary Night get the opportunity to reclaim their body after they have disconnected and dissociated because it has been stripped away from them. I believe this topic deserves to be researched and brought to the table.

WORKS CITED

Women’s Centers

http://field-journal.org/wp-content/uploads/2016/07/Building-a-Real-Alternative_Berglund.pdf
<https://www.dispatch.com/news/20170518/woman-who-helped-those-caught-up-in-sex-trafficking-dies>
<https://ymcacolumbus.org/social-services/housing>
<https://ymcacolumbus.org/locations/vanburen>
<https://www.hhobgyn.com/>
<https://www.ohio.edu/diversity/womens-center>
<https://www.ohiohealth.com/locations/womens-health/riverside-womens-center/>

Dance/Movement Therapy

<https://www.empowerwomen.org/en/community/discussions/2016/11/women-empowerment-and-the-power-of-perseverance#:~:text=Women%20Empowerment%20and%20the%20Power%20of%20Perseverance,-By&text=Women%20Empowerment%20is%20key%20to,better%20and%20more%20confident%20children>
<https://www.dance-enthusiast.com/features/day-in-the-life/view/995>
https://digitalcommons.lesley.edu/cgi/viewcontent.cgi?article=1059&context=expressive_theses
<https://www.adta.org/>
https://www.sciencedirect.com/science/article/pii/S0197455606000438?casa_token=IH-yqyNej4AAAAA:LiuMsBjtKTLYq62oZloxVhH-zqM_ty_4rg8dBQik1LCE92mzO393PNz6YWsGao4GZRZge6mk6w
<https://link.springer.com/article/10.1007/s10465-011-9108-4>
<https://link.springer.com/article/10.1007%2Fs10465-017-9241-9>
<https://link.springer.com/article/10.1007/s10465-019-09310-w>
https://www.ted.com/talks/jessika_baral_you_are_how_you_move_healing_through_dance

Color Theory

<https://www.theartcareerproject.com/psychology-of-color-interior-design/>
<https://www.hermanmiller.com/stories/why-magazine/color-play/>

Site Location

<https://www.areavibes.com/columbus-oh/franklinton/livability/#amenities-jmp>

WORKS CITED

Trauma
<https://journalofethics.ama-assn.org/article/who-your-waiting-room-health-care-professionals-culturally-responsive-and-trauma-informed-first/2017-01>
Rhiannon Jehu, Understanding and Healing Emotional Trauma: Conversations with Pioneering Clinicians and Researchers, Alcohol and Alcoholism, Volume 50, Issue 3, May/June 2015, Page 374, <https://doi.org/10.1093/alcac/agv011>

Design
<https://journals.sagepub.com/doi/abs/10.1177/0013916505280084>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0090646>

Stairs
<https://www.usailighting.com/reimagining-frank-gehrys-cafeteria-one-five-one>
https://www.researchgate.net/publication/305043606_Social_Stairs_a_case_study_for_Experiential_Design_Landscapes
Holmes, Erin Marie, “The Staircase: Evolution of Design and Use in Elite, Domestic Virginia Architecture 1607-1812” (2011). Undergraduate Honors Theses. Paper 399.
<https://scholarworks.wm.edu/honorstheses/399>

Program
<http://www.praxisjournal.net/praxite/PRAXIS1-5.qxp.pdf>
<https://www.jstor.org/stable/24328974?refreqid=excelsior%3Acde14f5fc6fa9704ec4f5b526bc2ebde&seq=1>

Case Studies
<https://www.stevenholl.com/projects/maggies-centre-barts>
<https://www.aia.org/showcases/198661-maggies-centre-barts>
https://www.archdaily.com/547979/hirose-dental-clinic-eleven-nine-interior-design-office?ad_source=search&ad_medium=search_result_projects
<https://www.aia.org/showcases/15061-planned-parenthood-queens-diane-l-max-health>